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UNITED STATES OF AMERICA.



OUR DAILY BREAD.

HOW TO PREPARE IT.

A COMMON SENSE

Cook Book

PRICE, TWENTY-FIVE CENTS.

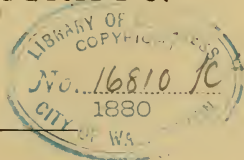


Wm. A. Scripps, Printer, 46 Larned St. West, Detroit.

OUR
DAILY BREAD,
AS PREPARED FOR US AT
DR. FAIRCHILD'S
HYGIENE HOME,
QUINCY, ILLINOIS.

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90722
COMPILED AND ARRANGED BY

J. ANNIE SCRIPPS.



1879.

WM. A. SCRIPPS, PRINTER, DETROIT, MICH.

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PREFACE.

We may live without poetry, music and art;
We may live without conscience, and live without heart;
We may live without friends, we may live without books;
But civilized man cannot live without cooks."

People who know nothing of our ways say we starve. We say, knowingly, that we are the only people who do not starve. Because we use such food as can be appropriated by the vital system, and hence the body is nourished and strengthened, for vital force is expended in *using*, not in resisting or expelling food material.

The true office of cooking is to render food better, not worse. Keeping this in mind, we readily decide what good cooking really means. It is combining articles of food in such a way and subjecting them to such processes as will not detract from, but will rather add to their health and life sustaining qualities.

There is in hygienic cooking a call for more skill, more nicety in adaptation of means, more thoughtful painstaking, than in the ordinary methods of preparing food, because, using little or nothing in the way of condiments, the flavor of food is dependent on the material itself, and the natural sweetness and flavor must be developed by proper cooking, not made by the additions of foreign ingredients.

Hygienic food must not deprive us of esthetic any more than gustatory pleasure, in fact those delights can be, and are, not only secured but enhanced by rendering food simple and wholesome.

But I have seen this mistake made by good honest, earnest, self sacrificing people, who were laboring most ineffectually to induce in others a liking for great, coarse, ugly looking, insipid food. Bread made in huge gem pans, or cut in crooked thick slices from the loaf, or shaped in clumsy

biscuits or thick door mats of pancakes—vegetables cooked too much or too little and served floating in their “watery grave,”—fruits only half cooked, pies with thick, tough, unshapely looking crusts—puddings badly combined and worse served,—all very good material in the first place, but because of omitting to observe some simple common sense measures, all is spoiled and hygienic cooking is not acceptable, and no wonder.

Bread, of whatever kind, to be good, must be well baked. Pancakes should be thin, small and light. Gems baked in small moulds—they are thus crisp and delicate. The biscuit cutter should be not over an inch and a half or two inches in diameter. Pies must be made with thin crust neatly trimmed and delicate at the edges. Puddings should be served in small dishes; mushes, also, etc., etc., etc.

Our daily bread is not so radical as we would have it, perhaps, but the dietetic world must be won rather than forced to natural states.

Science and reason are consulted, it seems, not until grim dyspepsia takes hold and will not let go his clutch.

And so, I believe this an opportune moment for hygienic cook books, and hygienic ways generally. For all sorts of chronic diseases prevail and persistently refuse to depart at the command of ordinary eating and drug taking, and at last we may hope that people will listen to “common sense,” and be guided out of this quagmire of disease and death.

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SOUPS.

Soup can be made in such variety that but few general directions need be here given. We sometimes use "stock" made from boiling good fresh beef or mutton several hours, allowing the liquor to cool and skimming the fat from it. Again, vegetable soup may be very nice made without meat. Other soups also.

ASPARAGUS SOUP.

1. Boil fifteen or twenty stalks of asparagus in a little more than enough water to cover it; when done, take up with a skimmer, and serve on toast, or cut up in small pieces and leave in the soup, to which add half a cup of sweet milk and thicken with flour or corn starch to the consistency of cream. Add salt to taste.

BEAN SOUP.

2. Soak the beans over night, boil them till soft, then run them through a colander. Put the liquor back in the pot and add half a pint of milk in which have been stirred two or three tablespoonfuls of white flour; add salt to taste. Have ready in your soup tureen two or three slices of toast cut into small squares; pour the soup over these and send to the table hot.

CORN SOUP.

3. Take of corn, cut from the cob, one quart; boil in one quart of water for fifteen minutes, then add a pint of milk; salt to taste. Thicken with flour or corn starch to the desired consistency.

PEA SOUP.

4. Pea soup may be made in the same way as asparagus soup.

POTATO SOUP.

5. Peel and cut into slices one quart of potatoes; boil in two quarts of water; when done mash fine; add salt and two table spoonfuls of white flour, stirred in half a pint of rich milk. Pour over toast; serve hot.

MISS LOTTIE DUBACH'S TURNIP SOUP.

6. Take three medium sized turnips, slice into small narrow strips, put on in a pot of two quarts of cold water, boil till tender; then stir in a desert spoonful of flour with a little milk, and butter the size of an egg, add one pint of milk and salt to suit the taste; let it come to a boil, put in a cup full of crushed crackers just as you take it off, and you have a good mock oyster soup.

Adding half a teacupful of picked up codfish to the above soup *decides* the flavor as oyster.

CHICKEN OR BEEF SOUP.

7. Take the broth in which you have boiled a chicken or a piece of fresh beef, add salt to taste, and half a teacupful of rice, or noodles. These are made by beating an egg, then working in flour till you have a very stiff dough; roll very thin, flour well, roll up and cut off in as narrow strips as you can, throwing the strips into flour to dry; let them boil in the soup for fifteen or twenty minutes.

VEGETABLE SOUP.

8. One parsnip, one carrot, one turnip, one-eighth of a head of cabbage; chop fine, put into three quarts of water, simmer for an hour and a half; then add three potatoes chopped

fine, one pint of tomatoes, two large onions which must be first chopped fine and fried in a little butter for five or ten minutes. Frying the onions greatly improves the soup. Let the soup boil for half an hour longer, and five minutes before taking up add salt and a few sprigs of chopped parsley. You can leave out any vegetable you do not like or do not happen to have at hand.

GREEN CORN SOUP

9. Grate or scrape from the cob a pint of corn, to this add one pint of milk and one pint of water, a little salt and butter, boil gently for ten or fifteen minutes. If you like it better add one tablespoonful of fine flour; it gives more body to the soup.

RACKABONE SOUP.

10. Put all the bones, scraps of meat, and the dressing of a cold roast turkey or chicken into a kettle with enough water to cover them; let them boil for one or two hours, then skim out the bones and meat, chop the meat fine, return to the soup, adding a little salt; let it boil up well together and serve. Or, if you like, strain all the meat and bones out, and serve clear, or with a little rice or barley boiled in it.

TOMATO SOUP.

11. To six good sized tomatoes add water to cover, boil one hour, then strain through a coarse sieve. Put back in the kettle and bring to a boil; stir in one tablespoonful of fine flour mixed to a smooth batter with cold water, let it boil five minutes. Season to suit the taste.

MISS LOTTIE DUBACH'S PEA SOUP.

12. Take about two pounds of beef, put on a slow fire in cold water and skim before it boils; wash a pint of dried peas, put on the fire in cold water in a separate vessel. After they boil a

few minutes skim out and put into the boiling soup. Steep till soft, one half pint of barley in cold water and pour into the soup; add one onion peeled and sliced fine, also one turnip or carrot, with salt to flavor. Boil the whole on a slow steady fire for three hours or more, being careful not to let it burn.

FISH.

We have been taught that fish is the lowest form of animal food, but as it is a favorite dish with many we will give the simplest methods of preparing it for the table—methods that we have tried and proved to our own satisfaction as well as that of all who partook thereof.

BAKED FISH.

1. After scaling, cleaning and washing, salt the fish, roll in corn meal, put in a baking pan with a little water and bake half or three quarters of an hour in a hot oven, basting as you would a fowl. You will be surprised that it can taste so nice with so simple cooking. Good either hot or cold.

BOILED FISH.

2. Wrap your fish in a cloth, which you may either sew or pin on, and put into boiling water, which must be salted; simmer gently an hour, more or less, according to the size of the fish, or until the fish will leave the bone easily; have ready a dressing made of milk, with salt to taste, a little parsley chopped fine, and thickened with white flour to the consistency of drawn butter sauce. Take the fish from the cloth, remove the skin, put it

whole on a platter and pour the dressing over. Serve hot. If any should be left over, either of this or baked fish, you will find it nice to use in making a dish which we call

ESCALLOPED FISH.

3. Carefully remove all the bones from the cold fish; have about the same quantity of bread crumbs as fish; chop fine one or two onions and some parsley, mix these with the bread crumbs with salt to taste; then in a pudding dish put a layer of bread crumbs, then a layer of fish, until the dish is full, letting a layer of bread crumbs come last. Take butter the size of a hickory nut, cut in small pieces and put over the top, pour over the whole milk, or half milk and half water, till it rises to the top. It is better to let it stand an hour or two before baking. Bake in a quick oven for half an hour, or until nicely browned.

FRIED FISH.

4. Cut your fish into pieces the size of your hand, salt each piece and roll in corn meal, have just enough grease on the griddle to prevent sticking, and when the fish is brown on one side turn it, and keep turning till thoroughly done. Serve hot.

STEWED CODFISH.

5 Cut off a piece of codfish the size you wish to cook, soak over night; in the morning turn off the water, add more cold water and bring to a boil, then turn off the water again. Mash or pick apart the fish, taking out the bones; add milk and thicken with white flour. This makes a nice breakfast dish with hot corn meal mush or baked potatoes.

CODFISH AND POTATOES.

6. Peel and boil a dozen good sized potatoes; soak in warm water a piece of codfish as large as your two hands, for

three or four hours, letting it come to a boil at the last; then take out of the water, remove the bones, and chop up or mash fine. When the potatoes are done pour off the water, mash, add the codfish, a small piece of butter and half a pint of sweet milk; stir all well together, put on a plate or dish, make the top smooth, put in the oven and brown. Serve hot.

CODFISH BALLS.

7. Prepare the same as for codfish and potatoes; when cool enough mould with the hand into round cakes half an inch thick; fry a delicate brown on both sides on slightly buttered griddles.

FISH CHOWDER.

8. Take good fresh fish, such kind as has few bones; cut, after it is nicely cleaned, into pieces an inch or two square; put in the bottom of a dinner pot some pieces of fat beef; let this fry a few moments, when put in a layer of thinly sliced potatoes, a layer of fish and a layer of bread crumbs; repeat these layers until you have as much chowder as you wish to make. Season with salt and sliced onions. Pour over this a pint or more of hot water and as much rich milk as will cover the whole; a small piece of butter may be added. We usually fry the onions first with the fat beef. Cover the pot tight and let the chowder cook slow half an hour or more, till well done. Serve hot.

MEAT.

BUYING AND COOKING.

Beef and mutton are considered the best animal food. Never buy meat of any kind when the fat looks yellow. It is a sure sign of a diseased liver, hence is unwholesome. The lean part of an ox beef is bright red; cow beef, pale red; bull beef, dark red.

In regard to the practice of pounding steak: Tender beef steak will not need pounding before broiling or frying. If it is tough, stew it, for in no other way will it be palatable.

Skinning mutton takes from it its strong taste.

BROILED BEEF STEAK.

1. The best way to cook steak is to broil it. Wash and dry on a clean cloth your steak, then, having your broiler hot, put on the steak, turn it two or three times a minute to keep the juice from wasting; when done remove to a platter, add a little salt and butter. Serve immediately.

FRIED STEAK.

2. Have your skillet hot; put your steak in whole, or cut in pieces the size of the palm of your hand; sprinkle on a little salt. When done brown on one side, turn and let it brown on the other side; then take it up on a platter, pour a cup of boiling water into the skillet, add a little salt and butter, thicken the gravy and turn over the meat; if not ready to have it served at once, keep in a warm place.

BAKED STEAK.

3. Take a round steak; make a stuffing of Graham bread crumbs, with an onion chopped fine, a little salt and sage; wet

up with milk, spread on the steak, then roll up like a roll jelly cake; skewer or sew it together, put in a baking pan with a little water, sprinkle the steak with salt, bake an hour, basting as you would a fowl. This is very nice sliced up cold.

STEWED BEEF STEAK.

4. Cut in small pieces, put in a stew pan with just water enough to cover; add salt to taste; when cooked tender make a crust of biscuit dough and put over the top of the meat; cover tight and let it cook for twenty minutes longer, then turn all out on a platter. This is an excellent way to cook a tough steak.

POT ROAST.

5. Take any nice roast, put it in your pot with a little boiling water, when nearly done add salt; boil the water all down so that the juices of the meat may all be re-absorbed; let it brown a little but not burn. Good either hot or for cold sliced meat.

MEAT PIE.

6. Take any scraps of cold meat and boil till tender; take out of the liquor and chop fine, then put back again with half a dozen potatoes and three or four sliced onions; cook till all are done, having a good deal of liquor; salt to taste. Have ready a deep dish lined on the sides with a good biscuit dough crust; pour into this your mixture, cover with a top crust half an inch thick, bake till the crust is done. Easily made and very nice.

MEAT STEW.

7. Same as the above, only instead of putting it in a pie put dumplings of biscuit dough in the pot and boil till done, turning all out on a platter.

LAMB OR MUTTON AND PEASE STEW.

8. Cut your meat in small pieces, boil till almost done, then add your peas and boil half an hour longer; add a little parsley if you like it, and thicken with white flour stirred up in a little milk. Salt to taste.

MUTTON CHOPS.

9. Mutton takes a long time to cook, say two or three hours. Put your chops in a skillet with water to cover; when the water has all evaporated and the chops are tender, let them brown on both sides, then turn on a pint of boiling water. Let all boil up, thicken and salt the gravy, and turn all together on a plate.

IRISH STEW.

10. Take lean mutton, potatoes and onions; first put in a deep kettle a layer of potatoes cut in slices, then a layer of onions, then mutton; then another layer of potatoes, onions and mutton, and finish with a layer of potatoes on top. Between each layer sprinkle salt and a little flour; then put in enough water to prevent burning and cook slowly for four hours without stirring. Cooked on the top of the stove with a hot fire it will not burn.

BAKED MEAT.

11. In a pudding dish put a thick layer of stale bread crumbs, on this a layer of cold boiled beef chopped fine and seasoned with salt, a little sage or parsley; then another layer of bread crumbs; moisten the whole with beef broth or water, and bake half an hour in a moderate oven.

MEAT AND POTATO PIE.

12. Line a shallow buttered pudding dish with finely mashed potato, seasoned to the taste; fill to within an inch of

the top with finely chopped cold beef, seasoned with salt and a little chopped onion moistened with beef gravy ; cover with the mashed potato and bake half an hour.

BAKED MUTTON CHOPS.

13. Place your chops in a baking pan and sprinkle salt over ; add a little water, cover with another pan and bake slowly for two hours, or until done ; take up the chops, make a gravy by adding a little water, and thicken with a spoonful of flour mixed with milk, and pour over the chops.

FRICASSEED CHICKEN.

14. An old hen will answer very well for this. Cut up and soak over night in slightly salted water ; in the morning put on cooking as early as possible in cold water ; watch it and when it comes to a boil skim it and let it simmer all the morning ; you can hardly cook it too much ; do not salt till nearly done. When done, take up the chicken on a platter, add a pint of milk to the broth, and thicken with white flour stirred up with milk ; pour the gravy over the chicken and garnish the dish with parsley.

PRESSED CHICKEN.

15. Cut up a chicken and boil it until the flesh leaves the bones ; remove all the bones, picking the meat well apart, and boil down the broth to a consistency that will form jelly when cold, or if you like it not so rich boil less and use a little corn starch to thicken. Then add the meat and season with salt ; boil up once, pour into a mould and put a weight on it. When cold cut off in slices.

PRESSED BEEF.

16. Take a shank bone and boil till you can remove the bones ; chop the meat pretty fine and put back in the liquor

with salt and a little sage ; boil till it will become jellied when cold and then mould. Cut in slices when cold.

BAKED TURKEY.

17. We will suppose you buy your turkey ready dressed. Examine it carefully to be sure everything is removed that should be ; wash well with salt and water and then prepare your dressing by taking one or two quarts of brown bread crumbs seasoned to taste with salt and powdered sage and moisten with boiling milk just enough to hold together well ; then cut lengthwise a slit in the craw of the turkey, fill with dressing and sew up with long stitches ; put the rest of the dressing inside, no matter if it is not full, and then sew up the cavity ; next cut the neck off short and draw the skin over it and tie with a cord ; tie the wings and legs firmly in place, and it is then ready for the oven. Put it in a large dripping pan, rub it over with salt and put a cup of water in the pan. Bake from two to three hours, according to age or size, allowing 10 or 15 minutes for each pound, basting every ten or fifteen minutes. When done take up on a platter, cut off the strings and pull out the stitches. For gravy, pour off the grease from the pan and add a pint or more of boiling water, a little butter, and thicken with white flour mixed with cold water.

ESCALLOPED TURKEY.

18. Take all the cold bits and dressing left from a baked turkey and chop fine ; take twice the quantity of bread crumbs, add to these salt and chopped parsley, and onions, if you like them ; mix well ; then in a baking dish put first a layer of the crumbs, then a layer of turkey, and so on till your dish is full. Add any gravy left over and pour cold water over the whole, and let it stand half an hour, then bake till nicely browned.

OLD-FASHIONED CHICKEN POT PIE.

19. Make a crust of light bread dough, shortened with butter, as for raised biscuits. A good fat tender hen is the choice for a pot pie. Cut it in pieces as for fricassee chicken and stew in water enough to cover it until nearly done; a few sliced potatoes may be added. Then line the sides of a smooth round-bottomed kettle with the light crust, first buttering the sides of the kettle; just at the bottom put no crust; pour into this the stewed chicken, seasoned with salt and a small piece of butter; have an abundance of gravy; cut small inch square pieces of the dough and drop in the stew, then cover with crust rolled about as thick as for biscuit; cover tight and on top of this lay a dry clean cotton cloth several folds in thickness and then put on your lid. It will take from half to three quarters of an hour for this to cook over a gentle fire. Serve immediately after removing the cover and your pot pie will be a success—light and toothsome.

FRIED CHICKEN.

20. Prepare tender young chickens as for stew or fricassee. Put them in a skillet and cover with water; season with salt and very little butter. Let the skillet be covered tight and stand on the back of the stove, or where the chicken will simmer, not cook rapidly, for an hour or so, or until it is tender. Just before it is time to remove, take off the lid, place the skillet over the fire and let the water simmer down entirely; then sprinkle from the dredging box a little flour over the chicken and let it be turned and browned on both sides of each piece. It is much better cooked thus than when fried in lard or any considerable amount of grease.

VEGETABLES.

A few general rules apply to the cooking of vegetables. Unless the water in which they are cooked is to be used as part of the dressing, it should be wholly evaporated, not allowed to be poured off, thus losing to the vegetable a great portion of its sweetness and richness. Thus cooked, there is no demand for rich seasoning.

ASPARAGUS.

1. Put into boiling water and boil till tender ; have ready in a dish or small platter some slices of dry toast and lay the asparagus on the toast ; add a little butter to the water in which it was boiled and then pour over the toast.

ANOTHER WAY.

2. Cut the asparagus into small pieces and boil till tender ; then stir in a batter made of one tablespoonful of flour and half a cup of milk ; pour over toast or not, as you like.

BEETS.

3. Boil three or four large beets until tender ; put into cold water that the skin may be rubbed off ; slice up in a dish, add a little salt and butter, and serve hot.

YOUNG BEETS.

4. Young beets with the tops cooked until tender, an hour or more, make a nice dish eaten with a little vinegar or lemon juice.

BEET STEW.

5. Cut in thick slices nice red beets and boil till nearly done, then add about the same quantity of sliced potatoes; when done season with a little salt and milk after the water is nearly or quite evaporated. Serve hot.

BAKED BEETS.

6. Place nicely washed beets in a deep dish or porcelain pan, cover with water, and place in the oven to bake till tender. They are unusually sweet cooked in this way.

GREEN LIMA BEANS.

7. Boil in just enough water to cover them, and a few minutes before taking up add a little salt and a tablespoonful of flour stirred up with milk enough to make a thin batter.

DRY LIMA BEANS.

8. These may be prepared the same way, only that it takes them longer to cook.

STRING BEANS.

9. Break or cut the pods in small pieces, first removing the strings; then put in cold water enough to more than cover them and boil three or four hours. A little salt may be added and a small piece of butter, or a little cream, just before serving.

BOILED WHITE BEANS.

10. Wash and rinse in two warm waters and then cover with cold water three or four times their quantity, and boil slowly till done. Do not stir them, but be careful to serve well done, but unbroken. If more water is needed while cooking, add it boiling hot; never pour cold water on them after they begin to boil. Salt very lightly.

BAKED BEANS, NO. 1.

11. To one pint of beans prepared as above, add three pints of cold water, a teaspoonful of sugar and half a teaspoonful of salt. Bake in a stone jar or very deep dish, in a moderate oven, all day, and let them remain in the oven until after breakfast next morning. If while baking more water is required, add it hot.

BAKED BEANS, NO. 2.

12. Prepare the beans as for boiling and cook until partly done, then put into an earthen or porcelain dish, add a little salt and sugar, and, if you prefer, a piece of beefsteak the size of your hand; bake to a nice brown. We prefer this dish without the meat.

BOILED CABBAGE.

13. Cut a cabbage into quarters and put into boiling water enough to cover it; let it cook for two or more hours, letting the water all evaporate, so as to retain the juices; add a little salt at table or pour over it a milk dressing.

CAULIFLOWER.

14. Remove all the green leaves, cut in half or cook whole the same as cabbage, until tender, then take up in a dish and pour over it a dressing of milk thickened with flour and slightly salted.

GREEN CORN.

15. Have your water boiling and drop your ears of corn in; boil from ten to fifteen minutes; too much boiling injures it. Eat without salt or butter if you would simplify your taste and get the full delicious flavor of the corn.

STEWED CORN.

16. In cutting corn from the cob, split the kernels lengthwise with a sharp knife and then scrape the cob; this is even better than grating the corn, as the fineness of the inside kernel is thus obtained with less of the outside coating. Or, with a sharp knife cut the very outside of the grains and then scrape. Stewed corn may be cooked in just enough water to cover it; cook ten minutes, add a very little salt and butter as seasoning, or a little milk in which is stirred smoothly a spoonful of white flour as thickening.

BAKED CORN.

17. Put the cut or scraped corn in a pudding dish and cover it with sweet milk; salt to taste and bake half an hour.

GREEN CORN OMELET.

18. Grate or scrape the corn from the cob and to one quart of corn add two eggs, a half pint of sweet milk, two heaping tablespoonfuls of flour; salt to taste and bake till browned over. Some add sugar to this and use as a dessert.

CORN OSYTERS.

19. Two cups of corn pulp, one egg, a little salt, two tablespoonfuls of sweet milk, about one spoonful of white flour or enough to make a stiff batter; drop on a hot, well greased gridle and fry a delicate brown.

CORN AND TOMATOES.

20. A layer of sliced tomatoes, one of green corn pulp, and then a layer of bread crumbs; pour over it half a teacupful of hot water, and a little salt; have as many layers as you like; bake till well done.

SUCCOTASH.

21. Boil one quart of lima beans till tender and then add one quart of sweet corn cut from the cob, and boil ten or fifteen minutes longer; salt slightly. Some like more corn, some less. Proportion it to suit yourself.

GREENS.

22. Pick carefully and wash in three waters; use a large pan to wash them in; shake well, a handful at a time, in the water and place them in another large pan; then pour a quantity of fresh water over the greens and shake and rinse as before, always lifting them from the water, as they are left gritty by pouring the water off. Have your pot boiling and pack the greens in it, (as they fill a large space before wilted), and boil until done. The length of time required depends on the kind of greens; some will become tender in an hour, others need two hours or more boiling. When done, drain them in a colander, pressing the water well out. Put on a large white platter, cut in neat blocks, and dress, for esthetic rather than gustatory effect, with delicate slices of hard boiled eggs—about two eggs to a large platter of greens. A little butter may be spread over the greens previous to putting on the eggs. Good cider vinegar or lemon juice may also be used. Salt to taste.

BOILED ONIONS.

23. Peel half a dozen large onions and put them in boiling water with salt to taste; boil till tender and then simmer down so as to retain all the juices; they need no other seasoning, but are delicious.

ONION TOAST.

24. Boil some small onions till tender with a little salt in the water. Have ready some slices of toast in a dish and when

the onions are done take them up with a skimmer and put them on the toast ; thicken the water, which should be boiled away to about a pint, with a little corn starch or fine flour and pour over the onions and toast.

STEWED ONIONS.

25. Cut half a dozen onions into slices and cook in just enough water to cover them for half or three quarters of an hour ; when done add a little salt and two or three spoonfuls of sweet cream ; thicken a little if you like.

PARSNIPS.

26. Wash and scrape as many parsnips as you wish to cook. Put them in boiling water and boil for two or three hours or until tender ; add a little salt when they are nearly done, and let them boil down in the water they are cooked in, and brown a little ; serve in this way or with a dressing of milk thickened with flour poured over them.

GREEN PEAS.

27. Shell your peas just before cooking and put into boiling water just enough to cover them ; add salt when nearly done and let the water boil away, don't turn any off ; cook from fifteen minutes to half an hour, according to their age. Some prefer to add a little cream or milk thickening.

DRY PEAS.

28. Cook as you do boiled dry beans.

NEW POTATOES.

29. New potatoes and green peas boiled together make a nice dish.

POTATO STEW.

30. After paring and slicing the potatoes boil them till partly dissolved in the water ; have just enough water to cover them ; salt and add dumplings, if you like, made of sour milk and soda, stirred quite stiff with Graham flour.

BAKED TOMATOES.

31. Slice up tomatoes in a pudding dish until the dish is full, sprinkling salt on each layer, and bake an hour.

FRIED TOMATOES

32. Cut off the ends of the tomato, then cut each tomato into, say, three slices. Fry in as little butter as possible, just to prevent sticking, and turn like pancakes ; sprinkle on a little salt while cooking and serve smoking hot. If you like it better you can pour over the tomatoes, while still on the griddle, milk with a little fine flour stirred in, and let it boil up ; this forms a gravy which is nice with corn mush or pancakes.

ESCALLOPED TOMATOES.

33. Take one quart of canned tomatoes, one quart or a little more of Graham bread crumbs ; chop fine two or three onions and mix with the bread crumbs ; then put in a baking dish a layer of tomatoes and a layer of bread crumbs alternately, sprinkling a little salt on each layer ; pour over the whole water enough to moisten and bake half an hour in a quick oven.

STEWED TOMATOES.

34. Boil and season your tomatoes and then add a little milk thickened with white flour. Or, use bread crumbs instead of the milk and flour ; or better still, cook them for a long time and use no thickening at all.

TURNIPS.

35. Boil them down in the water in which they are cooked ; then mash fine and add a little salt and a spoonful or two of sweet cream.

VEGETABLE OYSTERS.

36. Pare and cut in transverse slices and boil in a small quantity of water. When tender, add a little thickening made of milk or cream and flour. It may be poured over toasted bread.

CARROTS.

37. Scrape, slice and boil till tender, boiling them down till all the water evaporates, then add a little butter and let them brown slightly ; then pour over them half a pint of sweet milk with a tablespoonful of white flour stirred in, and let it boil for a minute ; serve hot. Some like parsnips cooked with the carrots in this same style, only the carrots require longer cooking than the parsnips.

POTATOES.

38. The very best way to cook potatoes is this : Wash them thoroughly, having them of even size if possible, and drop in boiling water, not allowing the pot to stop boiling fast till a fork will pierce the potato with but slight resistance. Then pour off the water and set the pot on the fire, removing the cover, allowing the steam to escape. Send to the table hot and without removing the skins. In boiling potatoes, a wire basket is an important adjunct ; place it and the potatoes right in the boiling water, and they can be as quickly removed from the kettle when done.

Potatoes are liked simply pared and and boiled, and served as above. The parings should be very thin, as the choice part

of the tuber is that nearest the outer integument ; it is the richest in starch gravies.

After placing the nicely boiled potatoes in the vegetable dish, a dressing of milk in which has been stirred a thin batter, making the whole of the consistency of cream. may be poured over them hot.

MASHED POTATOES.

39. Boil as above, nicely pared potatoes ; when done pour off what water is left in the pot (there should be very little), empty them from the basket into the pot, and place them on the fire, mashing them rapidly *while hot* ; then stir with an iron spoon, mash again, and continue to do this until the whole mass is even and *creamy*. Add a little salt.

FORKED POTATOES.

40. Pare and boil mealy potatoes in slightly salted water and when done turn off the water and let them dry out well ; then, still keeping them in the kettle on the stove, beat with a fork as you would eggs, till they are light and foamy. Serve at once, and all who partake will declare it the best way to serve potatoes.

BAKED SWEET POTATOES.

41. Select potatoes as near the same size as possible ; put in a baking pan and fill the pan half full, or rather half cover the potatoes with water, and bake till done in a hot oven, when the water will have cooked down to a rich syrup.

ANOTHER WAY.

42. Boil till half done, then take out, put in a baking pan dry, and finish cooking in the oven.

BREAD.

HOT WATER BREAD.

1. Pour *boiling* water over Graham flour, making a stiff dough ; roll out rather thin, cut into small biscuits ; don't let them touch each other in the pan, and bake in a *hot* oven for twenty minutes or half an hour.

BEAT BISCUITS.

2. Mix Graham flour with cold water into a stiff dough and then beat with a hammer, if you can get one, for fifteen minutes to half an hour ; cut into squares, prick on top, and bake in a *hot* oven. All unleavened bread requires a very hot oven.

GRAHAM GEMS

3. First be sure you have good brown flour, otherwise you need not expect to have good gems. Take one and a half cups of cold water, half a cup of sweet milk and enough Graham flour to make a batter stiff enough to smooth off well when you drop it into your gem pans, which have standing on the stove *hot* and greased enough to prevent sticking ; beat your batter well while mixing, and after putting in the hot pans let them stand on the stove from two to five minutes, and then put in a hot oven and bake half an hour. The only object in using the sweet milk is that it helps to brown them.

DR. FAIRCHILD'S LIGHT BREAD.

4. Set your yeast over night. Take one part brown and two parts of white flour ; in the morning scald the brown flour you are going to use with thin hot cornmeal mush or hot water,

(the mush makes it moist and scalding the flour makes the bread sweeter); when cool enough add the yeast, making a rather soft dough; let it rise once, as rapidly as possible, knead, into pans, and when light, bake in a quick oven.

SALT-RISING BREAD.

5. To one quart of warm water add a quarter of a teaspoonful of salt; thicken to a stiff batter with half white and half Graham flour; set the vessel containing this batter into another containing quite warm, but not hot water. Do this as soon as you can in the morning, keeping the water in the outer vessel warm, and by one o'clock the yeast ought to be light enough to mix your bread, which do by adding enough warm water to make as much bread as you require. Mould at once into pans, let it rise, say an hour, then bake, and if you do not have sweet light bread, it won't be the fault of the directions.

GRAHAM SODA BISCUITS.

6. Take as much Graham flour as you think you will need for the quantity of biscuits; use a little beef drippings or butter for shortening, *very little*. For the moistening take half butter-milk and half cold water (milk alone toughens the biscuits;) use half a teaspoonful of soda to a pint of milk and water, knead quite stiff and thoroughly; roll rather thin and bake quickly.

RYE BISCUITS.

7. We make the same as Graham soda biscuits, except to use the unbolted rye flour; be sure that it is unbolted.

RYE LIGHT BREAD.

8. Two-thirds unbolted rye flour, one-third cold corn meal mush; mix with warm water, and as much yeast as you think nec-

essary. We usually make it at the same time we make Graham light bread and use part of the yeast made for that. Let it rise once, mould, and when light bake.

SODA GEMS.

9. One teacupful of buttermilk, one of cold water, one half teaspoonful of soda, and Graham flour to make a batter; bake in greased gem pans, or drop them by the spoonful in a large baking pan, so that they will not touch each other.

CORN AND GRAHAM GEMS.

10. Soak cold corn bread over night, or for several hours in sour milk, mash up fine, add a little soda, and thicken with Graham flour to a rather stiff batter. Bake in gem pans.

CORN MEAL GEMS.

11. Take two-thirds of the quantity of corn meal that you wish to use, pour over it boiling water enough to make a *stiff* batter, thin with cold sweet milk; then add the cold corn meal till of the right consistency to drop into hot greased gem pans, let them stand on the stove a few minutes, and then bake half or three-quarters of an hour.

BATTER BREAD.

12. Take cold corn meal mush, thin with a little cold sweet milk, then add Graham flour and cold corn meal till as thick as you think best, which must be very thick; pour into a baking pan and bake half an hour.

CORN LIGHT BREAD.

13. Take two quarts of corn meal and scald with boiling water to the consistency of mush; when cool add a pint, or a little more of Graham flour, a pinch of salt; if you have yeast

add half a teacupful, it will rise quicker, but it will rise without if allowed time ; let it stand till it cracks open on top, then bake for two hours. Eat hot or cold.

CORN AND GRAHAM BISCUITS.

14. Knead Graham flour into cold corn meal mush until stiff enough to mold. Roll, cut out, and bake like biscuits.

HOMINY MUFFINS.

15. Mash fine one quart cold-boiled hominey, add one egg, half a teacupful of sweet milk, and thicken with white flour. Bake in gem pans or muffin rings.

KENTUCKY CORN BREAD.

16. Take one pint, or more if you wish, of corn meal ; stir in cold water enough to make a pretty stiff batter ; have your iron griddle on the stove, hot and well greased ; put on your batter, spreading it smoothly, covering all the surface ; when browned on the under side, cooking slowly, turn it over, or if you like remove the griddle from the top of the stove to a quick oven and bake half or three quarters of an hour. If made rightly this is the best and most wholesome corn bread made. Some use boiling water instead of cold, in mixing the meal ; either way is good.

SQUASH OR PUMPKIN JOHNNY CAKE.

17. Pare and stew your squash or pumpkin till well done ; mash fine, then stir in while boiling, corn meal enough to make a stiff batter, add enough white flour to keep the batter from sticking to the griddle, and bake on a griddle or in the oven in bread pans.

SNOW BREAD.

18. Take equal parts of corn meal or Graham flour and dry light snow, stir well together quickly, fill your pans full and bake immediately in a hot oven. Eaten warm this is delicious.

POTATO BISCUITS.

19. When you have mashed potato left from dinner, take it before getting too cold and add an equal amount of flour, rub thoroughly together, roll out and cut as for biscuit—not too thick—and bake in a quick oven till a light brown.

WHITE GEMS.

20. One cup of sweet milk, one cup of water; thicken with white flour till it will drop easily from the spoon; beat thoroughly, have your gem pans hot before filling. These do not require so hot an oven as the Graham gems.

HALF-AND-HALF GEMS.

21. One cup of sweet milk, one cup of cold water, one cup of corn meal, and a cup and a half of Graham flour; beat rapidly for four or five minutes, drop into hot gem pans, and bake twenty minutes in a hot oven.

BREAD OMELET.

22. Put into a pan a teacupful of bread crumbs, pour over this a teacupful of milk; salt slightly, and then add two well beaten eggs; fry in as little butter as possible, roll up and serve hot.

JUG YEAST.

23. Pare and boil in half a gallon of water six potatoes; tie a handful of hops in a small cloth and boil with them; with the

liquor scald one teacupful of flour, mash the potatoes and add them ; when cool enough add one teacupful of yeast. When light put into a jug and keep in a cool place.

DRY YEAST.

24. Take three quarts of water, three handfuls of hops and boil the hops twenty minutes; take one quart of flour, one handful of salt and scald the flour with the hop water; when cooled till milk warm add one teacupful of good sweet yeast, previously soaked ; let it stand twelve hours, stirring down twice while in process of fermentation, then thicken with corn meal stiff enough to make into cakes and let it stand twelve hours longer, then make in cakes and put in the shade to dry where it will not freeze—turn frequently.

LIGHT BREAD.

25. Over one quart of Graham flour pour one and a half pints of boiling corn meal mush (the mush should be very thin), and when cool enough add half a teacupful of jug yeast or one cake of dry and let it stand over night in a warm place ; in the morning it should be light ; then work in what flour you need for the quantity of bread you wish, adding water if necessary ; stir up as stiff as you can with a spoon (some think it better to knead it well with the hands), and be sure and have it a very soft dough ; let it rise, then mould or dip with a spoon into pans, (add no flour this time), fill your pans half full and let it rise to the top. Bake in a hot oven one hour.

PUDDINGS.

APPLE CUSTARD.

1. One pint of smooth apple sauce (either green or dried), one pint of milk, one cup of sugar, one or two eggs, and flavor with lemon or cinnamon. Bake half an hour. This amount will make the filling for two pies.

APPLE DUMPLINGS.

2. Make a crust of biscuit dough, the same as for hot water bread, of either white or Graham flour; pare, quarter and core as many nice tart apples as you wish dumplings (or use the apple whole, extracting the core); cut off a piece of the crust, roll out about a quarter of an inch thick, and put in your apple; add sugar and a little allspice, pinch your dough well together, put your dumplings in a baking pan as you would biscuit; have enough to fill your pan and then pour over them boiling water enough to half fill the pan. Bake half an hour in a quick oven. Eat hot with fruit sauce or sugar and milk.

APPLE CHARLOTTE.

3. Thin slices of bread in layers with apples sliced and sugar sprinkled over them (between); pour water over, cover with a plate and bake a long time in a slow oven. Eat with cream or fruit sauce.

BOILED PUDDING.

4. Make a rather stiff batter of one pint of buttermilk, one pint of cold water, an even teaspoonful of soda and a little salt;

then stir in any kind of fresh or canned fruit, such as berries, cherries, currants, etc. Scald and flour a pudding cloth, put your batter in, leaving room for swelling, and boil for two hours.

BREAD PUDDING.

5. Take a quart of bread crumbs and pour over them a quart of boiling sweet milk ; when cool add two eggs, a cup of sugar, and flavoring to suit the taste. Bake till the custard is set.

BREAD AND APPLE PUDDING.

6. One quart of bread crumbs, one quart of dried apple sauce; alternate layers of crumbs and sauce ; sweeten and flavor the sauce to taste. Have a layer of crumbs on top and pour over a little water, enough to moisten the bread. Bake half an hour.

COTTAGE PUDDING.

7. One pint of buttermilk, one teacupful of sugar and enough soda to correct the acidity of the milk ; stir in Graham flour to make a stiff cake ; bake quickly and eat hot with fruit or lemon sauce.

CORN MEAL PUDDING.

8. To five spoonfuls of corn meal scalded with boiling water add a quart of sweet milk, a cup of sugar, a little cinnamon, a pinch of salt and a cup of raisins or currants ; stir it once or twice when it first begins to bake. Bake two hours.

BAKED INDIAN PUDDING.

9. Eight tablepoonfuls of Indian meal, stirred into three pints of scalding milk. Be careful to scald the meal without

letting it boil. Add one pint cold milk, and a little wheat flour or not as one pleases, one small teacup of molasses, and, if liked, two teacups of chopped sweet apples. Stir well together and bake three hours. Some mix all together, and set in the oven without scalding the meal, stirring it there when it begins to bake, and it is less trouble and nearly or quite as good.

GRAHAM PUDDING.

10. Take sour milk, soda, Graham flour (according to the size you want), and make a stiff batter. Put a layer of fruit, then a layer of the batter alternately, and bake half an hour. Eat with any kind of sauce you like.

BAKED APPLE PUDDING.

11. Peel and slice about three quarts good cooking apples; mix these with one pint Graham flour and one pint corn meal, one teacupful of sugar, and water enough to moisten the whole. Sprinkle a deep pudding dish with corn meal and put in the fruit dough; make a batter of one teacupful each of corn meal and wheat meal, a tablespoonful of sugar and water or milk and spread over the top. Bake three hours.

HOMINY PUDDING.

12. Two cups of boiled hominy, one cup of sugar, one cup of currants or raisins, one quart of milk, and bake an hour.

OAT MEAL PUDDING.

13. Cold oat meal mush in layers with any nice fruit between. Bake half an hour in a quick oven.

TOAST PUDDING.

14. Toast slices of bread, dip in milk and put in layers in a pudding dish with layers of cooked gooseberries between. Bake half an hour. Fruit sauce or none at all.

TAPIOCA AND FRUIT PUDDINGS.

15. Pour boiling water over a teacupful of tapioca and let it stand on the back of the stove till transparent; have your fruit, peaches, berries or tart apples in a baking dish, sweetened to taste; pour the tapioca over and bake till the fruit is cooked. Or stir canned fruit in with the tapioca, boil altogether, and mold and eat cold.

TO BOIL RICE SAVANNAH FASHION.

16. Take one pound of rice and pick it thoroughly over. Put on the fire in a porcelain or tin-lined pot, three quarts of water. Wash the rice in three waters to get rid of the pulverized rice-flour which adheres to the grain. This is a necessity; otherwise the rice never will be dry. Throw the rice in the water when it is at the full boil. Let it boil rapidly for twenty minutes. Put the cover on and drain the water entirely off. Cover the pot, shake well, and put on the back of the stove, where it is not too hot, for fifteen minutes. This evaporates all remaining moisture. Shake the rice into the dish you wish to serve it in. Never use a spoon. Rice should never be glutinous.

BAKED RICE PUDDING.

17. One teacupful of well washed rice, one cupful of sugar, one cupful of raisins or currants, and two quarts of sweet milk. Put the rice and raisins in a pudding dish on the top of the stove and pour over them a pint of boiling water; let it stand till the rice swells enough to absorb all the water, then add the sugar and milk, a little salt, and a very little, if any, of cinnamon. Bake in a slow oven two hours. If the milk dries out too much add more. Stir occasionally to prevent the top from burning and the fruit from settling at the bottom.

RICE AND STRAWBERRY PUDDING.

18. Boil one cup of rice till done ; have ready, sugared, a pint or more of strawberries, stir these into the rice, turn out in a glass fruit dish and serve warm, or mould and serve cold with milk or cream.

BLANC-MANGE.

19. To one quart of sweet milk allow six tablespoonfuls of corn starch ; bring the milk to a boil and then stir in the corn starch, dissolved in cold milk. Mould and eat cold.

FRUIT BLANC-MANGE.

20. Take one quart of any of the rich dark colored fruit, such as cherries, currants, or berries ; after they are prepared as for the table as sauce, add four tablespoonfuls of corn starch and let it cook two or three minutes ; then mould as blanc-mange. It is nice to put this into the mould in alternate layers with the white blanc-mange, or with Graham or rye mush. Eat cold with cream or fruit sauce.

OATMEAL BLANC-MANGE.

21. Take one quart of boiling milk, slightly salted, or boiling water will do, and two heaping tablespoonfuls of oat flour, mixed in a little cold water to form a paste, and stir into the boiling milk, and continue to stir it twenty minutes. Turn it into a mould. May be eaten either cold or warm, with sugar and cream.

FLUMMERY.

22. With one half teacupful of corn starch mix cold milk till quite thin ; add to this two quarts of boiling milk, stirring as you pour it, and let it boil one minute ; then add three well beaten eggs, a cup of sugar dissolved in cold milk, a little salt,

and flavor with lemon extract; let it boil a minute longer and serve warm or cold. It makes a nice sauce for cracked wheat, puddings, etc.

THE MOST DELICATE BLANC-MANGE.

23. Two parts of milk and one part of water; when it boils thicken with equal parts of white flour and corn starch. Mould and eat cold with the following sauce :

COLD LEMON SAUCE.

24. Into a pint of boiling water stir enough white flour wet with cold water to make it the consistency of thin cream; sweeten to taste and add the juice and grated rind of one lemon; let it stand till cold and then use with the above or any of the cold blanc-mange or puddings in this book.

PLAIN CAKE AND FRUIT DESERT.

25. Cut in slices any plain cake; put one slice in a saucer and pour over it half a teacupful or more of any juicy acid stewed fruit, such as cherries or currants, etc.

RHUBARB BLANC-MANGE.

26. Prepare your rhubarb as for sauce, then, while boiling, stir in bolted rye or sifted Graham flour till stiff enough to mould. To be eaten cold with rhubarb or lemon sauce. Delicious.

ICE CREAM.

27. Into one quart of rich milk brought to a boil, stir enough white flour mixed in a thin batter with cold milk to make of the consistency of cream; let it boil a minute or two, then run through a seive; sweeten and flavor to taste, adding a small pinch of salt; set aside till cold and then freeze. Now don't be disgusted with its plainness, but try it, and it will afford you as much satisfaction as the richest custards and creams, without their bad effects.

LEMON ICE.

28. Make near a gallon of rather thick corn starch and to this amount add the juice of five or six lemons, and sugar to suit your taste (the less the better for you), one teaspoonful of lemon extract or a little of the grated rind of the lemon, and a scant half teaspoonful of salt; freeze as you would ice cream.

LEMON TAPIOCA.

29. One teacupful of tapioca soaked over night in one quart of water; in the morning let it simmer slowly till transparent, then add the juice and grated rind of one lemon, one cup of sugar, one tablespoonful of corn starch and pour into moulds. Serve cold with or without sauce.

BRAN JELLY.

30. Into three quarts of boiling water stir bran enough to make it the consistency of gruel; let it boil half or three-quarters of an hour and then strain through a fine seive. Put the liquor back in the pot and let it come to a boil; stir in enough sifted Graham flour, wet in cold water to a smooth batter so it will not lump, to make it as stiff as blanc-mange; mould and eat cold with cream or any of the sauces. Always wet your mould in cold water before filling, to prevent sticking. This jelly is more nutritious than beef tea and an excellent substitute for it.

GIRAFFE STRAWBERRY DESSERT.

31. I thus denominate this dessert, as it was the result of one of our experiments, and nameless. After eating it we all wished that the gustatory pleasure might be prolonged, and could see no harmless way to reach the desideratum unless it would be to have necks like a giraffe, so the good taste might be longer continued. Make a batter of two cups very sour milk, one heaping cup sugar, one heaping tablespoonful butter; mix the

sugar and butter well together ; add lemon flavoring ; then pour in the sour milk and stir in part of the flour—good Graham flour ; dissolve one teaspoonful of soda with a spoonful of hot water, and add this and enough more flour to make a moderately stiff batter—not too stiff. Have your jelly cake pans buttered, and bake this in delicate layers as for jelly cake. Now make a frosting, using the whites of two eggs and fine sugar enough to thicken so it can be spread on each layer. On taking the pans from the oven, cut with a large sized biscuit cutter a hole directly in the centre of each layer. Place a layer on a large white plate, spread on some frosting, and so on to the last, then frost the sides and top ; this leaves a “well” in the middle of the cake. Just as you sit down to dinner fill this “well” with mashed and sweetened strawberries ; place a row of large fine berries around the top, and a wreath of myrtle around the bottom of the cake ; intersperse this with the red berries. To serve, cut this as you would jelly cake, putting with each piece a portion of the jam. It calls for no other trimmings.

Stewed and thickened strawberries are also nice for this. The same may be varied by filling the “well” with soft peaches, canned peaches, any kind of berries, or even ice cream or lemon ice.

Nice tart apples, stewed and run through a hair-seive ; then the white of an egg beaten to a stiff froth and stirred with this, adding sugar and a little nutmeg, makes nice filling. This is also nice for tarts, or to be eaten with plain cake as dessert.

STRAWBERRY SHORT CAKE.

32. Make nice biscuit dough ; roll quite thin, though not as thin as for pie crust ; bake in large sheets in a dripping pan ; then cut in pieces to fit a large platter. Have ready a quantity of mashed and sweetened strawberries, and spread this thickly

over the first crust ; then put on another layer, and spread more of the jam, and so on for as many layers as you like. Around the edge of the dish place a row of very nice large whole berries, and if you like, make a pyramid of berries on the top, and sprinkle with powdered sugar. This does not need cream and sugar, or even butter, to be eaten with it. Stewed strawberries, the juice thickened to a jelly with corn starch and sweetened, is very nice to use in this way. Any kind of berries may be substituted for strawberries, and its name changed accordingly.

BAKED CUSTARD.

33. To one quart of mock cream, made the same as for ice cream, take one egg beaten with half a cupful of sugar, or more sugar if preferred. Mix the egg and sugar with the cream, when the cream has cooled so as not to allow the egg to coagulate. Add salt and vanilla or lemon flavoring. Bake until the custard is just turned. This makes nice filling for crust, thus calling it custard pie.

APPLE PUDDING.

34. Peel and stew nice tart apples until well done ; then stir slowly in this sauce dry corn meal until you have a delicate mush. Cook half an hour or more. Serve hot as dessert, Cream and sugar, or mock cream sauce, or nice syrup, may be eaten with this.

FLOATING ISLAND.

35. To one quart of mock cream, use two eggs. First bring the milk to a boil ; have the whites of the eggs beaten to a stiff froth ; dip a spoonful at a time of this into the scalding milk ; turn it over and let it remain a moment, just long enough to "set" the egg. Put this in a dish ; have some thin white flour batter, with which thicken the milk, till of the consistency

of thick cream. Run it through a seive, and while hot add the yolks of the eggs, beaten with sugar, and some cold milk, so the yolks will not curdle; stir briskly and set to cool; flavor with lemon and put in a pinch of salt. This may be brought to the table in a large glass dish or in individual glasses. The whites of the eggs will be placed on top of the dish. Some like colored sugar sprinkled over the top. It is prettier in its pure whiteness.

SAUCES FOR PUDDINGS.

LEMON SAUCE.

1. Four tablespoonfuls of white flour or common starch; mix smoothly, so that there shall be no lumps, with half a teacupful of cold water; pour over this a pint of boiling water, stirring all the time. Put on the stove; add a teacupful of sugar, the grated rind and juice of one lemon and a small pinch of salt. If stiffer than you like add more hot water. Let it cook for ten minutes.

ORANGE SAUCE.

2. Orange sauce we make the same as the above, substituting for the lemon the juice of two oranges, though none of the rind.

FRUIT SAUCE.

3. Take a quart of the juice of any fruit; if too rich make it half water; sweeten to taste, and while hot add a tablespoonful of corn starch. This is nice for fruit blanc-mange or any of the flour blanc-manges.

PATENT CREAM.

4. One quart of sweet milk brought to a boil, into which stir a tablespoonful of corn starch. Cook one minute, not more.

JELLY SAUCE.

5. This is made the same as lemon sauce, only instead of the lemon use any fruit jelly or jam for flavoring.

MILK GRAVY.

6. To a quart of good sweet milk as it comes to the boiling point add a heaping tablespoonful of superfine flour, mixed to a batter with milk or cream, adding a beaten egg. As soon as the mixture boils it is ready for the table. If allowed to boil over half a minute it is nearly spoiled, the creaminess which nice care in cooking gives it being lost.

PUDDING SAUCE.

7. The same gravy made thinner, without the egg, and sweetened, and, perhaps, with a little more cream added, makes a very nice sauce for puddings and dumplings.

PIES.

Fruit pies should be made generally with cooked fruit, when very rich crust is not used, because the time required for cooking the raw fruit when inside the pie is so disproportioned to that which the crust requires, as to bring the crust overdone or the fruit underdone. In making apple pie I prefer to have the fruit stewed and seasoned before putting into the crust.

Berries, grapes, plums, etc., require a little thickening of corn starch or white flour. Add this in the form of a smooth, thin batter to the boiling fruit as it is about to be removed from the stove. The right consistency of the juice thus prepared should be that of a light jelly.

Tomato pie is very nice made like any fruit pie—stewing the tomatoes, sweetening and adding some flavoring—lemon is mostly preferred.

PREPARED SUET OR SHORTENING.

1. To one pound of nice white beef suet, cut fine, put one quart of cold water ; boil this until the water is wholly evaporated, then simmer a few moments and strain. Salt may be added if preferred. This, if well prepared, makes the most desirable material for shortening. For most uses I prefer it to butter in point of wholesomeness. It has no flavor of “tallow,” which is always present when suet is merely “tried out,” without first being subjected to the boiling process.

PIE CRUST.

2. One cup of prepared suet to two cups cold water, and a small pinch of soda—less than one-fourth of a teaspoonful. Have the suet somewhat softened by being placed near the fire ; rub this into a small quantity of flour until well mixed; add the soda first, then the water. Make a stiff dough, work it well and roll very thin. Graham flour requires less shortening than white flour. We use Graham flour for pie crust.

ANOTHER WAY

3. Take equal quantities of mashed potatoes and flour, adding a little cream if liked. Roll this kind of crust a little thicker.

STILL ANOTHER.

4. An easier crust to make is to wet up the flour with milk or cream—the more cream the richer. Even sour cream needs no soda, or but little, and shortens better than sweet cream.

CUSTARD PIES.

5. Two pints of milk, two eggs, two tablespoonfuls of white flour, one cup of sugar. Bring half the milk to a boil; stir in the flour dissolved in half a cup of cold water; let it boil a minute; then take off and add the cold milk, sugar and last the eggs, well beaten. Flavor with lemon. This makes two pies.

FRUIT COBBLER.

6. Make a biscuit crust; line with it the bottom and sides of a baking pan; have your fruit ready cooked and sweetened to taste; put it in your pan, and cover with an upper crust. Bake till the crust is done. Remove it from the oven, take off the top crust, lay it on a platter, spread over it a thick layer of the fruit; then cut the side crusts loose and lay on the top of the fruit, then more fruit, then the bottom crust, and if there is still more fruit pour it over the top. Good either hot or cold, with or without sauce. If you make it of apples or peaches it is not necessary to thicken the juice, but if of berries or cherries, stir in a little white flour when cooking before putting into the pie.

ANOTHER COBBLER.

7. Another cobbler, more easily made, is to bake a cake of biscuit dough rolled out half an inch thick. When done split it in two with a sharp knife, lay on a platter, and pour your prepared fruit over it, having plenty of juice.

SQUASH PIE.

8. Stew squash thoroughly, allowing it to stew down quite dry ; rub it through a collander. To one pint of squash add one spoonful of white flour, mix well, and pour over this a scant pint of boiling milk ; a pinch of salt ; flavor and sweeten to taste. Pumpkin may be treated similarly.

TARTS.

9. Make a crust of Graham flour and sweet cream ; roll thin ; cut out with a biscuit cutter, and line gem pans with it, or turn up the edge of each and pinch it in place ; prick with a fork to prevent blistering. Bake quickly. Take out of the pans and put on plates to cool. Fill with any nice fruit sauce or with filling for cream pie.

RICE PIE.

10. Take one pint of cold boiled rice, one pint of sweet milk, one egg, and two-thirds of a cup of sugar ; stir all well together. This amount will make two pies. Add more milk if you wish it thinner. Bake with an under crust, as custard pie.

APPLE PIE.

11. Bake with lower and upper crust. Cut tart apples into quarters ; fill the pie plate heaping full ; sweeten, add a little water, and put on the top crust. Bake slowly till the apples are cooked, which should be about half an hour.

CREAM PIE.

12. Bake your crust first, and lift it out on a plate. For filling take half a pint sweet milk and half a pint of water ; bring to a boil ; then stir in two heaping tablespoonfuls of white flour made into a smooth batter with a little cold milk. Then add the yolk of one egg, half a teacupful of sugar, a pinch of

salt, and flavor with lemon or vanilla, and pour into the crust. Beat the white of the egg to a froth with one or two tablespoonfuls of sugar, and spread over the pie. Put it in the oven and let it brown. To be eaten cold.

LEMON PIE.

13. Into one pint of boiling water stir three tablespoonfuls of corn starch and one cup of sugar and a little salt ; let it stand till cool ; then add the juice and grated rind of one lemon and the yolk of an egg. Bake till done ; then spread over the top the white of the egg beaten stiff, to which add one spoonful of sugar. Return to the oven and brown.

CAKE.

HYGIENE CAKE.

1. One cup of sugar, one cup of sour cream (or half cup of sour milk and two tablespoonfuls of butter), one scant teaspoonful of soda and two eggs ; flavor with lemon extract ; thicken with Graham flour, not quite so stiff as if you were using white flour. Bake as a loaf cake, or in layers with jelly between.

You can make a jelly at any time for this by taking any acid fruit juice—pie plant, cherry, etc.—sweetening to suit the taste, and thickening to a jelly with corn starch. Spread it on the cakes while warm.

GINGER BREAD.

2. One cup of sugar, one cup of molasses, one tablespoonful of melted butter, one teacupful of sour milk, one teaspoonful soda, one of ginger, and one of cinnamon. Thicken with Graham flour and bake twenty minutes.

GRAHAM COOKIES.

3. Two cups of sugar, two cups of hot water, one cup of butter, one half teaspoonful of soda; flavor with a little cinnamon or lemon. Mould soft with Graham flour and bake in a quick oven.

GRAHAM COOKIES NO. 2.

4. One cup of sour cream, one cup of sugar, one half teaspoonful of soda. Flavor to taste. Mould very soft.

YEAST CAKE.

5. To two cups of light bread dough add one cup of sugar, one heaping tablespoonful of butter, one half cup of sweet milk, one teaspoonful of either cinnamon or ginger. Drop from a spoon into gem pans, and let them stand till light; then bake.

SOFT GINGER BREAD.

6. One cup of molasses, one cup of sugar, one cup of hot water, one tablespoonful of butter, one teaspoonful of soda; mix not very stiff with Graham flour; flavor with ginger or cinnamon or both to taste. Bake quickly.

FRUIT CAKE.

7. One cup of butter, two cups sour milk, three cups sugar, two teaspoonfuls soda, one teaspoonful cinnamon, one of cloves, and one of ginger; of currants and chopped raisins more or less as desired. Brown half of the flour used, and make not very stiff. Bake four hours in a slow oven. This improves with age.

SPONGE CAKE.

8. Two cups of sugar, four eggs, two cups of sifted Graham flour, one cup boiling water, two teaspoonfuls of baking pow-

der; flavor with lemon or vanilla. Beat the eggs and sugar together for twenty minutes, add the flour and baking powder and flavoring, and last the boiling water. Bake immediately, in not too hot an oven. May be baked in layers, with jelly or cocoanut between.

PLAIN CAKE.

9. One cup sugar, one cup sour milk, one teaspoonful soda; rather thin batter with Graham flour; lemon flavoring. Eat warm.

WHITE CAKE.

10. Whites of two eggs beaten till very light, one tablespoonful of butter, one and a half cups of sugar beaten to a cream, half a cup of sweet milk, one teaspoonful of baking powder, one and a half or two cups of flour; flavor to taste.

DELICATE CAKE.

11. Whites of four eggs, one cup of sweet milk, half a cup of butter, two cups of sugar, two and a half cups of flour, and two teaspoonfuls of baking powder.

LEMON JELLY FOR LAYER CAKE.

12. One cup of sugar, one egg, one tablespoonful butter, the grated rind and juice of one lemon; boil till thick.

CREAM FILLING FOR CAKE.

13. One half cup of sweet milk, three tablespoonfuls of sugar, one tablespoonful of fine flour; boil till thick; flavor with vanilla.

FRUITS.

Cooked fruit should never be sweetened until just as it is taken from the fire. Jellies made similarly are better, allowing the juice to boil well before adding the sugar, and one fourth sugar is better than one half.

BAKED APPLE SAUCE.

1. Quarter and core, but do not pare, your apples; put them in a deep baking dish, earthen ware is best, and add enough water to nearly fill the dish; bake in a slow oven for two, three or more hours; do not let them burn. It is a good plan to cover them with a plate while baking. If the water all evaporates add more, so that the apples will be juicy when done. Persons whose stomachs are so weak that they can eat apples cooked in no other way, can eat this sauce. The long cooking does away with the need of sugar. We make our boiled apple sauce in the same way, cooking slowly for two or three hours, but the baked is nicer.

PIE PLANT.

2. Wash the stalks, cut off the leaves, cut the stalks into inch pieces and fill a pudding or other baking dish full; add water till near the top, but not so that it will run over when it begins to cook. Bake for two hours slowly, so that the pieces will not break; about fifteen minutes before taking out pour over it the sugar and a tablespoonful of corn starch to a quart of the fruit, dissolved in water. Let it boil up well together, then take up and let it cool in the dish it is baked in. Nothing could be nicer.

GOOSEBERRIES.

3. Put your berries in an earthen or porcelain kettle or pan and pour over them enough boiling water to almost cover them; when cooked add sugar to taste and enough corn starch so that the juice will be about as thick as thin cream.

CHERRIES, CURRANTS, BERRIES, ETC.

4. These may all be cooked in the same way as the gooseberries, adding corn starch, if preferred, or if the fruit is very juicy. As we do not approve of drinking at meals, we like to have our fruit as juicy as possible. In all the sauces we use as little sugar as we can and yet have the fruit palatable.

DRIED FRUITS.

5. Dried apples and peaches we wash in two or three waters. Apples will cook in three hours but peaches take longer. Peaches are better if mashed up when almost done. We sometimes cook the two together, mashing them up when done. We also add raisins or currants, as this gives us a variety in sauces. We use no sugar with these. Prunes we cook in a good deal of water, adding a little sugar; the prunes absorb so much water that to have any juice at all when cold we have to cook them in a large quantity of water and sugar to give a little more body to the juice.

Many pleasant combinations can be made by mixing the different fruits; as peaches with apples, raspberries with apples, raspberries with blackberries, etc. This to many is an improvement. Thus, peaches alone are too rich, but mixed in small proportions with apples add very much to their excellence, either for pies or sauce.

CRANBERRIES.

6. We use two parts cranberries and one part raisins, cooked together, and think it a great improvement, as then the cranberries do not require as much sugar. A little corn starch added to this sauce is also an improvement.

CANNED FRUITS.

7. We always open twelve hours before using, that the carbonic acid gas may escape; or else bring it to a boil, which has the same effect. Peaches, especially, should be so treated.

ORANGE AND LEMON EXTRACTS.

8. Pare the orange or lemon before extracting the juice; lay the peeling by to dry until you have as much as you wish, then put into a tightly corked bottle and cover with alcohol; let it stand four or five days and then pour off and bottle for use. This is far superior to any extract you can buy.

TOAST.

MILK TOAST.

1. Cut bread in even slices; cover the bottom of a large dripping pan with them and put in a hot oven; if it browns on the top first turn the slices over; this is the nicest way to make toast as then it is toasted through and only requires enough attention to keep it from burning. While this is toasting prepare your mock cream by adding to one quart of boiling milk one heaping tablespoonful of fine flour mixed in a smooth batter with cold milk; salt slightly and boil one minute, not longer. Have ready a pan of boiling water into which dip each

slice of toast; lay in a dish and when full pour over all the dressing.

Brown bread is used in all these toasts. It is really much nicer than the white.

CODFISH TOAST.

2. Prepare the toast as for milk toast, only dip each slice in boiling milk instead of water; put a layer of slices in a dish and spread over this a layer of codfish (which is prepared by being soaked for an hour or two in hot water, well picked to pieces; put over the fire, with a little cream or milk and batter added, and brought to a boil), then another layer of toast, alternating till the dish is full; over this pour the mock cream.

EGG TOAST.

3. Dip each slice of toast in boiling milk, lay on a platter, and then on each slice put a poached egg. Serve hot.

MINCE BEEF TOAST.

4. Take round steak or cold rare steak, chop fine and put in a skillet with a little water, butter and salt; let it simmer for half a minute or so. Have your toast prepared as for egg toast, spread some of the meat over each slice and send to the table smoking hot.

CORN BREAD TOAST.

5. Cut cold corn bread into slices, toast in the oven, dip in water and pour over it the milk dressing. It is very nice to use some corn and some Graham bread together for milk toast.

TOMATO TOAST.

6. Pour over nicely browned toast stewed ripe or green tomatoes, or if preferred fry the tomatoes, either ripe or green, season, lay on slices of toast dipped in boiling milk.

CREAM TOAST.

7. Dip slices of toast in boiling water, then pour on each slice two or three tablespoonfuls of cream.

MUSHES.

CORN MEAL MUSH.

1. If you can get it use the unbolted corn meal and sift it. To three quarts of boiling water add one pint of corn meal mixed smoothly in one pint of cold water; stir briskly while pouring in this batter. The mixture will look more like gruel than mush, but by the time it has boiled two hours (it is not fit to eat with less cooking) it will be thick enough, and you will say it is the best mush you ever ate. Some add a teaspoonful of salt to the above quantity. Let your mush boil for fifteen or twenty minutes, stirring all the time, and then set on the back of the stove and stir occasionally.

In the winter you can make a large quantity of mush and either fry or bake for breakfast the next morning. To bake it put as much as you wish in a baking pan and put in a hot oven for half an hour or more. You can not cook corn meal too much.

GRAHAM MUSH.

2. Graham and rye mush we make in the same way as corn meal mush, only that it takes twice as much flour to the quantity of water and does not need to cook more than half an hour. These mushes we often mould and eat cold with any of the pudding sauces or sugar and cream. Dates stirred in with the Graham mush and then eaten cold with milk or cream is delicious.

OAT MEAL PORRIDGE.

5. Into one quart of boiling water stir one teacupful of granulated oats, and let it boil actively two hours. Boil it in a double boiler, and do not take off the lid or stir it until done, when it may be stirred thoroughly and poured into a mould.

OAT MEAL MUSH.

4. Oat meal mush we seldom make as it is too strong food for a weak stomach, but strong healthy people can digest it. Make it as Graham mush, only do not stir it more than necessary to keep it from burning and let it cook for an hour. Most people make their mushes too stiff; they are not nearly so delicate. You do not want it stiff enough to cut with a knife, but so it will almost run from the spoon—especially if you wish to mould it.

CRACKED WHEAT.

5. Is best cooked in a double boiler, so that it needs no stirring; cook two or three hours. Longer does not hurt it. If you like cook raisins with it and add sugar and a little cream or milk half an hour before taking up. This makes a nice dessert.

HOMINY.

6. Wash in two or three waters, a quart of hominy; have a kettle half full of boiling water (be sure it is boiling), then put your hominy in and let it cook fully half a day. All day will be better. Stir it often enough to keep from burning; if more water is needed add it boiling hot. When ready for use add a little salt, cream or milk, and serve hot. It is just as good (or better) every time it is warmed over; only season as much at a time as you wish to use. In winter you can cook enough at one time to last a week. It is nice cut in slices, rolled in flour, and fried in a little butter or suet.

FRIED CORN MEAL MUSH.

7. Cut in slices a quarter of an inch thick, roll in white flour and fry a delicate brown in as little butter or suet as you can use. Don't burn it on one side and leave it white on the other. Oat meal or Graham mush is nice prepared in the same way.

TO WARM OVER HOMINY.

8. Put into the vessel as much hominy as you want to use, then mash it well with the potato masher; add a little milk and salt, and stir constantly while over the fire. Don't use too much milk; half a pint to a quart of hominy will be enough.

GRIDDLE CAKES.

BREAD GRIDDLE CAKES.

1. Soak dry bread, either Graham or corn meal, over night in sour milk. In the morning beat it up well, add enough soda to correct the acidity of the milk, and enough graham flour to make it a thin batter. Fry on griddles just greased enough to prevent sticking. These cakes are light, and eaten with a little sugar or syrup are delicious.

BRAN CAKES.

2. Take one pint of bran, pour boiling water over it and let it stand over night; in the morning add one egg, a pint of sour milk, one teaspoonful of soda and thicken with corn meal. Fry as griddle cakes.

HOMINY GRIDDLE CAKES.

3. Mash well one pint of cold boiled hominy, add one pint of sour milk and one teaspoonful of soda or sweet milk and one egg; thicken with white or Graham flour.

EARL'S PANNIE CAKES.

4. One quart of sour milk, as little soda as possible, thickened with equal quantities of Graham flour, white flour and corn meal.

YEAST GRIDDLE CAKES.

5. Take two quarts of warm water, make a thin batter with either Graham, rye or buckwheat flour, add half a teacupful of yeast. Let it set in a warm place over night. In the morning, if the batter is too thick (as the flour swells), add water to make it of the right consistency. These cakes, we think more wholesome than those made of sour milk and soda.

CORN MUSH PATTIES.

6. One pint and a half of cold corn mush and to this add half a teacupful of sweet milk; mix well together and then stir in three tablespoonfuls of corn meal and one of white flour, and drop from the end of a spoon on to hot greased griddles, putting some eight or nine on at once. They are more delicate cooked in small cakes; (this is true of all griddle cakes. When well browned on one side, turn as other cakes, and serve hot.

CORN MEAL GRIDDLE CAKES.

7. Take one quart of sweet milk and a pint and a half of corn meal, bring half the milk to a boil, and with it scald half the meal, then add the cold milk, the rest of the meal, and two tablespoonfuls of white flour, or an egg if you prefer. Bake in small thin cakes and they will be light and tender.

WAFFLES.

8. To one pint of sweet milk add one pint of boiling water and while warm stir in Graham flour enough to make a thin batter, then add half a teacupful of jug yeast or a small yeast cake, and let it stand in a warm place all night. In the morning warm and grease with suet your waffle irons, pour in the batter and bake each side about two minutes.

GRUELS.

CORN MEAL GRUEL.

1. Have the water boiling; make a thin batter of corn meal and cold water and put one tablespoonful of this batter in the boiling water; let this boil up, then add the rest, a tablespoonful at a time, or at first, and let it boil an hour or more.

Other gruels are made in the same way, except rice gruel.

RICE GRUEL.

2. Boil a teacupful of rice in two quarts of water, or so much water that a pint of gruel will be left when the rice is done. The thin gruel may be obtained by pouring the well boiled rice in a seive, thus straining it. In some cases a little, a tablespoonful or so, of meat broth may be added, and very little salt—the less the better.

MISCELLANEOUS.

PONHAUS OR WINTER MUSH FOR FRYING.

1. This dish should be used only in cold weather, hence we designate it as above. To two pounds of rough pieces of lean beef, or of scraps you may have on hand, put one gallon of water and boil till the meat is very tender. Take it from the pot and chop or mash find. Strain the liquor and replace it in the pot, adding the chopped meat, and seasoning with salt, sage

or summer savory, and garlic,³ or onions to taste. Stir in this boiling mass enough corn meal to make a moderately stiff mush. Put it when well cooked into a pan to get cold. Slice neatly, roll in white flour, and fry a delicate brown on a well greased griddle.

COTTAGE CHEESE.

2. Bring skim milk to a scald, almost but not quite boiling. Now pour into this enough buttermilk to turn the whole mass to curds and whey. (It is not possible to give the exact proportions, as the acid of the buttermilk varies in quantity proportionate to the age of the milk, etc). Now skim out the curd and put it in a bag of thin tough muslin made for this purpose, and let it drain till quite dry, then turn out into a pan and with the hands work it into a smooth mass, putting in a small piece of butter and a little salt. Make into small balls. This, if made just right, is the most delicious cottage cheese ever invented.

CREAM CURD.

3. Take "klaughered" milk and place it on a warm, not hot, stove until the curds and whey separate, then pour into a collander and let it drain thoroughly. Put this in a dish and pour over it salted cream, or cream without the salt—enough to cover well the curd.

BUTTER MILK CHEESE.

4. Put new buttermilk over a slow fire, there to remain until almost scalding hot, when the curd will separate. Pour the whole in a cheese bag and hang up to drip. This should be well worked with the hand, a little butter or cream, and salt added. Make into little balls and keep in a cool place.

BAKING POWDER.

5. Six ounces of pure tartaric acid, eight ounces of the best baking soda and one quart of flour, sift five or six times through a fine sieve, so as to thoroughly mix the ingredients. Always procure the best material. Keep tightly corked and use as any other baking powder.

JELLIES.

6. After preparing the juice take a pint and a half of it and boil rapidly for fifteen minutes ; have in the oven heating half a pint of best white sugar, add this to the boiling juice and boil five minutes longer, or until it will leave the spoon ; boiling it one minute too long will make syrup of it. If you like your jelly sweeter add a little more sugar, but the quantity given is better, while some prefer the mixture in the proportion of three or four parts of juice to one of sugar.

LEMONADE.

7. Lemonade must always be made from from peeled lemons. To one lemon take one tablespoonful of sugar, mash the lemon and sugar well together, then add a glass of water, and, if desirable, a piece of ice.

Hot lemonade may be made in the same way, using boiling water. Less sugar may be used or none at all, in making either hot or cold lemonade.





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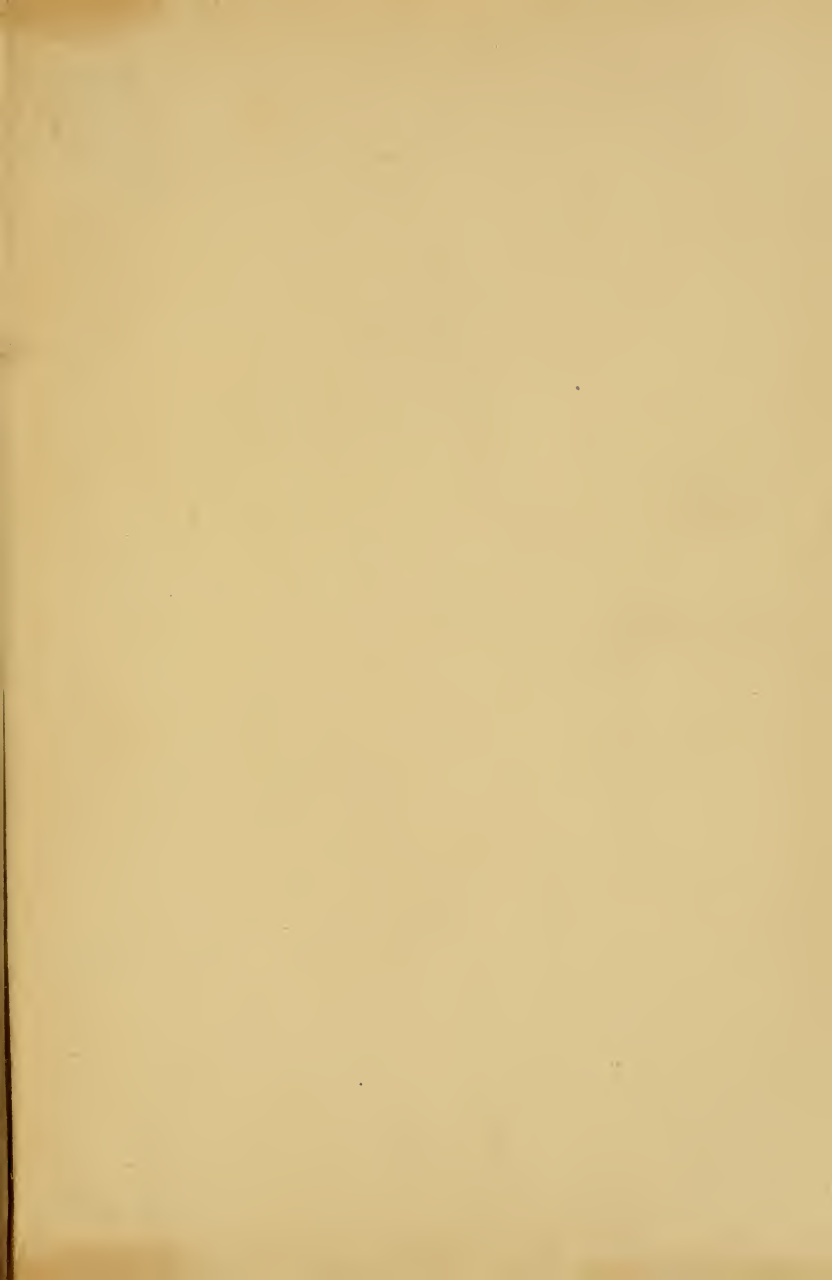
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